(54) Title: OPTIMISING RESOURCE USAGE IN A PACKET SWITCHED NETWORK
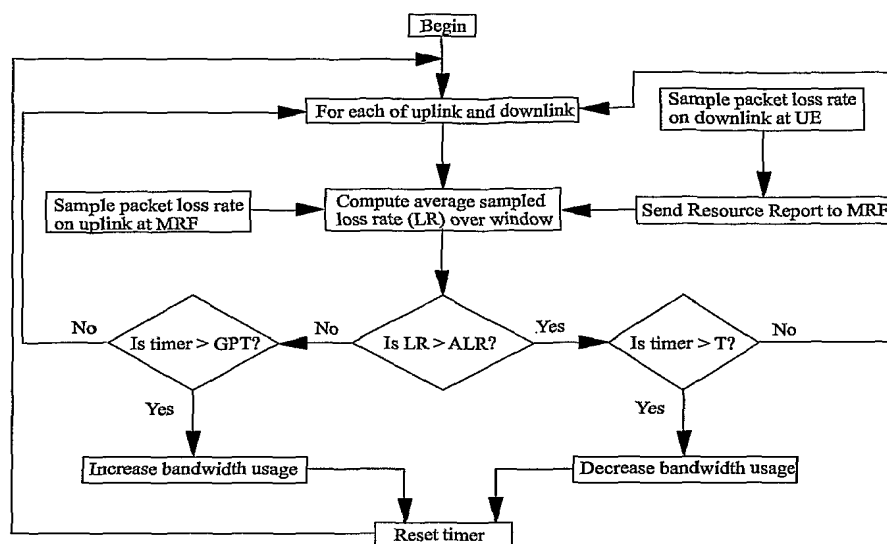
(57) Abstract: A method of optimising the bandwidth usage on a Real-Time Protocol (RTP) managed link transporting media between User Equipment (UE) and a Media Resource Function W) of a cellular telecommunications network. The method comprises sampling, at one of the User Equipment and the Media Resource Function, the rate of packet loss on the link, and adapting the sending rate over the link in dependence upon the sampled values.